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It's all for the Blues

4,000 volunteers make music festival possible

TRACEY TONG
tracey.tong@metronews.ca

You're at LeBreton Flats, enjoying Bluesfest. When you arrived, you parked your bike in the supervised bike parking area, showed your ticket and got a beer. Between performances, you recycle your cup, check out the silent auction and make an inquiry at the information booth.

Now picture this: none of this at the 16th annual Cisco Ottawa Bluesfest — one of the biggest music festivals in North America which kicked off last night — would be possible without the work of its 4,000 volunteers.

People like 10-year volunteer Mische Hudon is one of them. For the first six or seven years, Hudon took vacation time from his government job to volunteer. Now that he's retired, he's free to work at Bluesfest all day, every day.

"It's all about the patrons and the volunteers, the camaraderie," said the Ottawa resident, who's in charge of the VIP areas this year. "It's like coming back to school after a vacation. You meet so many people, from different walks of life. You get doctors, lawyers, world travellers — it's not just students looking to get their school hours."

The number of volunteers is up from 3,200 last year, said Bluesfest director of volunteer services Tammy Parent. She said while word has spread about positive volunteer experiences, another reason the numbers are rising is the music.

Volunteers who work three shifts can see a free show before or after their shift, and volunteers who work six or more shifts can see free shows on any day they're not working. Many of the volunteers take advantage of this benefit, she said.

Volunteers also get free meals while they're working.

But while the volunteer perks are among the best in the country — "when I speak to my peers in the industry, jaws drop," Parent said — ultimately, it's the mix of high-profile and eclectic acts that bring people back.

A.D. WILSON/FOR METRO OTTAWA

Guitar legend Jeff Beck performs on the Bank of America stage on the opening night of Cisco Ottawa Bluesfest yesterday.

Oh, those Yankees!

BANFF A tourism official in Alberta isn't surprised that a U.S. Senate committee has used a photo of one of Canada's premier tourist attractions to draw attention to its own website.

According to a report yesterday from The Washington Post, the Senate environment and public works committee has been using a well-known picture of Lake Louise, in Alberta's Banff National Park, on its website.

The national park in southwestern Alberta is a UNESCO World Heritage site.

The photo of the picturesque lake, which has been used to promote an area of the Canadian Rockies that sees roughly 16,000 visitors each day, shows a pristine white glacier surrounded by craggy peaks.

The U.S. website didn't say where the photo was from.

But according to the report, an official with the U.S. Chamber of Commerce recognized it and blew the whistle.

The report said the photo has now been taken off the website. **TORSTAR NEWS SERVICE**

Comment pg 4

Goodbye hurts men

Chalk river reactor off-line till late 2009 ... Not sexy

HEALTH Atomic Energy of Canada Ltd. said yesterday it expects its troubled Chalk River nuclear reactor, which produces a third of the world's medical isotope supply, to be off-line until late 2009.

The aging reactor has been out of operation since May 17 because of a heavy water leak. Government-owned AECL had originally estimated it would be back in action after three months.

"It was really only in the last week that all of the threads came together and it became apparent that the timeframe would be longer."
AECL president Hugh MacDiarmid

AECL officials said during a conference call the best repair method would be determined in the next few weeks. The agency said it would then be able to provide a more definitive timetable for a restart.

It said it expects the repair and restart phases to take at least four months.

"It was really only in the last week that all of the threads came together and it became apparent that the timeframe would be longer than the previous guidance," AECL president and chief executive Hugh MacDiarmid told a media briefing. **REUTERS**

SunnySide

Follow Metro's SunnySide initiative as we help you find the good news around Ottawa and Canada. This is also a Call to Action for you to send us your suggestions at ottawaletters @metronews.ca, metronews.ca or on Twitter @metroottawa.

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Gatineau slowing down in Promenades
Gatineau city council has started a pilot project that will limit the speed limit to 40 km/h in the Promenades district of Gatineau. METRO OTTAWA

Local

Local Commissionaire met with Queen

Ottawa resident Wayne Doucette was one of six Commissionaires from across Canada selected to meet Queen Elizabeth II. The Canadian delegation joined Commissionaires from as far away as New Guinea and Australia in London, England recently as part of the celebration of the 150th anniversary of the creation of the Corps of Commissionaires in England in 1859. METRO OTTAWA

No disconnect to discussions

Online bids moving on: City

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

Ignoring the threat of legal action from Mitel Networks, city council voted yesterday to carry on with negotiations for a telecommunications contract worth up to $7 million.

The contract for voice-over-Internet telephone services was awarded to Bell/Cisco, but Mitel, which also submitted a bid, insisted the bidding process for the contract was unfair.

Mitel claims that Bell/Cisco had an advantage in its bid because it was privy to important information relating to current network that was not made available to other bidders.

On Tuesday, both Mitel and Nortel asked the city's corporate services committee to withdraw the contract offer from Bell/Cisco and restart the bidding process.

Following the advice of city staff, the committee voted to move forward in awarding that contract.

At the council meeting yesterday, College Ward Coun. Rick Chiarelli attempted to have the process restarted, but that motion failed by a vote of 16-5.

"We have an insistence by two of our best local companies that are convinced they were not subject and privy to the same information as the successful bidder," he said.

However, Peter Woods, the fairness commissioner on this project, said that information was available to Mitel if they had asked, but the city had no obligation to come forward to Mitel with the information.

"There is no way that staff could know what information a bidder needs in order to put a proposal in," he said.

Bay Ward Coun. Alex Cullen argued that the concern from Mitel and Nortel could be characterized as "bid repair."

Santa **Serving up sandwiches**

TIM WIECLAWSKI/METRO OTTAWA

Santa Claus and volunteer Troy van Haastrecht prepare peameal bacon on a bun for hungry commuters at Fallowfield Station yesterday morning. The Christmas in July breakfast barbecue is a fundraiser for the Christmas Exchange's Food Assistance Program, which provides more than 27 Ottawa families with food hampers and vouchers. In 2008, the Christmas Exchange provided assistance to 25,180 people.

Volleyball tournament HOPE-ing to give local charities a $25K boost

MJ DESCHAMPS
for Metro Ottawa

FUNDS More than 10,300 players on 1,000-plus teams will come together this weekend for music, games, and a good cause at the world's largest one-day volleyball tournament.

Ottawa's annual HOPE Volleyball Summerfest is happening Saturday at Mooney's Bay to help raise money for six different Ottawa charities and bring together a crowd of more than 25,000 for a day in the sun.

"We have a lot of return players coming out every year who mark their calendars months and months in advance," said the event's executive director, Gayle McClelland.

She said the event is sold out in terms of team registration this year, but the free event encourages everyone to come out and watch.

Vendors will line Mooney's Bay all day, and local acts Amanda Rheaume, Loudlove, Benefit of a Doubt and The Goodluck Assembly will open for international bands The Watchmen and illScarlett.

The HOPE organization has committed to donating $25,000 to each of this year's local charities.

This year's charities will include Muscular Dystrophy Canada, Habitat for Humanity and the Ottawa Regional Cancer Foundation.

metronews.ca
What's online today.

Blogs Josey Vogels on the unsurprising hazards of self-circumcision.

Lotteries

Lotto 6/49: 12, 32, 35, 36, 37 & 46. Bonus 23.
Ontario 49: 18, 20, 27, 28, 33 & 34. Bonus 38.
Ontario Pick 3: 7 8 4;
Ontario Pick 4: 4 4 3 7
Encore: 1327493
Daily Keno: 1, 5, 18, 23, 24, 31, 33, 40, 46, 48, 50, 51, 56, 60, 61, 62, 67, 68, 69, 70.
These results are not official.

ShareYourViews
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Security organizes 2010 free speech zones
Olympic security officials have rolled out plans to create so-called free speech areas during the 2010 Olympics in Vancouver, CBC News Online reports. METRO NEWS SERVICES

Canada/World

Harper's faux pas?

Alleged church gaffe under the microscope

Days before Stephen Harper is to have a private audience with Pope Benedict XVI, the prime minister is at the centre of a Roman Catholic faux pas.

While attending a state funeral for former governor general Romeo LeBlanc last week, Harper received a sacramental communion wafer, in contravention of church practices for non-Catholics, and then appeared not to consume it.

Catholics believe that the wafer, or host, once consecrated during the mass by a priest, becomes the body and blood of Jesus Christ and must be consumed when received, a Catholic official explained to the Toronto Star.

Sensitive to the optics, a spokesperson for Prime Minister Stephen Harper vehemently denied earlier reports he pocketed it.

"The prime minister was offered communion, he accepted it and without a doubt consumed the wafer," Dimitri Soudas said yesterday in an interview from L'Aquila, Italy, where Harper is attending a G8 summit.

"Unfortunately, CBC cameras don't stay on the prime minister long enough sometimes," Soudas told reporters.

The incident was ratcheted up when the clip made it to YouTube.

It shows Harper holding out his hand for the wafer, which he holds onto instead of consuming right away. Even seconds later, Harper still had not put the wafer in his mouth.

A senior New Brunswick priest later called on the Prime Minister's Office to explain what happened to the host.

"If I were the prime minister, I would at least offer an explanation to say no offence was meant and then (clarifying) what happened," Monsignor Brian Henneberry, vicar general and chancellor of the Diocese of Saint John, told the Saint John Telegraph Journal newspaper.

TORSTAR NEWS SERVICE

Papal meeting

- After the G8 summit wraps, Harper is to have his private audience with Pope Benedict XVI on Saturday.

JASON REED/REUTERS

U.S. President Barack Obama tours the earthquake-hit Italian town of Onna with Italian Prime Minister Silvio Berlusconi yesterday.

G8 aims for 2 C

CLIMATE CHANGE The G8 agreed yesterday to try to limit global warming to two degrees Celsius and cut its greenhouse gas emissions by 80 per cent, but it failed to persuade China and India to join a bid to halve world emissions.

With only five months until a new UN climate pact is due to be agreed upon in Copenhagen, climate change organizations said the G8 had left much work to be done and ducked key issues.

China and India resisted signing up for a global goal of halving worldwide greenhouse gas emissions by 2050.

Developing economies demanded rich nations commit to steeper short-term reductions.

The G8 statement also failed to pinpoint a base year for the 80 per cent reduction — saying it should be "compared to 1990 or more recent years" — meaning the target was open to interpretation.

"The world will recognize that today in Italy we have laid the foundations for a Copenhagen deal that is ambitious, fair and effective," said British Prime Minister Gordon Brown.

The G8 backed the creation of a global carbon trading market and a fund financed by rich nations to pay for technological change, but it fell short of the $100 billion US a year advocated by Britain's Brown and non-governmental groups. REUTERS

$5B for new vehicles: Ottawa

MILITARY Canada will spend about $5 billion on light armoured vehicles for its military, the government said yesterday.

About $1 billion will be used to upgrade the current fleet of light armoured vehicles, with the remainder to go toward a new generation of combat vehicles and their upkeep.

The Canadian Forces will start using the new vehicles by 2012, with a fully operational fleet intended for 2015.

"The government is committed through its Canada First Defence Strategy to renewing the Canadian Forces' core equipment," Defence Minister Peter MacKay said.

"In addition to a renewed commitment to domestic security, this defence investment creates jobs, brings economic benefits to Canadian industry, and creates and sustains long-term employment for Canadians."

The government said it is currently looking at procurement strategies and specific requirements for the projects. It said all winning contractors will be required to spend one dollar in Canada for every contract dollar awarded.

General Dynamics Land Systems — Canada, a unit of U.S.-based General Dynamics, which developed the military's current fleet of LAV IIIs, will work with the government to upgrade the current fleet.

REUTERS

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Moscow **Space oddity**

SERGEI KARPUKHIN/REUTERS

Guy Laliberté, the Canadian billionaire owner of Cirque du Soleil, lies in a special capsule filled with gypsum for a seat moulding in Star City outside Moscow yesterday. The former fireeater is on the countdown to become the world's seventh, and Canada's first, space tourist, slated to travel on a Russian Soyuz space craft to the International Space Station in September.

Troops move in to Urumqi

CHINA Banks of paramilitary police fanned out in the Chinese city of Urumqi yesterday to try to stifle unrest days after 156 people were killed in the region's worst ethnic violence in decades.

The city imposed an overnight curfew on Tuesday after thousands of Han Chinese, armed with sticks, knives and metal bars, stormed through its streets demanding redress and sometimes extracting bloody vengeance on Muslim Uighurs for Sunday's violence. Many took to the streets again yesterday and even with helicopters hovering overhead there were scuffles in a volatile crowd of around 1,000 as police seized apparent ringleaders, prompting cries of "release them, release them."

Urumqi airport was crowded with people anxious to leave, the official Xinhua news agency said.

"We fear Xinjiang is not safe any more," said one passenger who refused to be identified.

Their fear was borne out downtown. In one street, two young boys were surrounded by an angry mob, with dozens trying to pull them down and grabbing at their hair.

Internet access in the city was blocked yesterday except in the business centre of one hotel for foreign reporters. REUTERS

Hotbed

- Xinjiang has long been a tightly controlled hotbed of ethnic tensions, fostered by an economic gap between many Uighurs and Han Chinese, government controls on religion, culture and an influx of Han migrants.

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Comment

Coping with loss of man's best friend

Relating

Mojo was the dear dog of a dear friend, a pit bull of undetermined but advanced age that finally caught up with her the week before last.

She was small, but had the musculature of her breed, matched with the sweetest of dispositions. Indeed, Mojo could be fairly characterized as a complete suck and a chronic worrier, skinny wee legs scrabbling anxiously whenever she crossed a slippery, uncarpeted floor in a desperate run for the couch and a cuddle.

She was a one-dog rebuttal of the Ontario government's legislative restrictions on pit bulls, a moronic crackdown on a whole breed of dog anecdotally believed to be bad instead of on bad dogs.

Mojo would no sooner bite someone than scandalize them by reciting a dirty limerick, but wore her legally mandated, stigmatizing Hannibal Lecter muzzle anyway, with minimal complaint.

The old girl's winter was not a good one, and spring wasn't much better. She lost her appetite and a lot of weight. Her energy was low, her immune system was not what it used to be.

On the web

- For more views on relating, go to Love Bytes at metronews.ca/blogs

Last month, it got worse.

Compounding this heartache is it is usually up to the owner to decide when the poor pooch has had enough and pre-empt any more suffering with a final car ride to the steel table and the needle.

Also not always helping is the vet — professional and reasonably compassionate, but at the end of the day there to make a buck. Want to be with your beloved pet as she dies? That will cost extra. Why? It certainly costs the vet no more, but if it's important to you, you'll pay.

The condolences to my friend have been plentiful and sincere, in particular from other dog owners.

Dog people know how much goodbye hurts and that it's never far away. Dogs age so quickly, so inevitably, from callow to codger right before your eyes in a handful of summers. Maybe the brevity of our time together is the lesson: Life's short, so let's chase some squirrels right friggin' now!

The surprising thing about dog people is how they're willing to get their hearts broken like this and then start all over again.

Other dogs will come and cruelly go, but there was only one Mojo.

Requiescat in pace.

Steve Collins offers his best guesses on relationships for Metro every two weeks.

Views

Technology and spying go hand in hand

ModernLife

Recently, a woman brought her car into one of those newfangled surveillance shops, convinced her husband was spying on her. Sure enough, a quick peek underneath the frame turned up a tracking device. Was divorce next? Nope. She simply had it removed — c'est la vie for the course of love these days — and her suspicious husband arrived the next week demanding to have another device installed.

These days it's so easy to spy on your lover, cheating of the past seems downright quaint. While watching an old episode of Melrose Place recently, I gasped as a doctor phoned his wife to say he was working late whilst winking at his lover. Call display would surely out him. And get this: I cheered when I realized it couldn't be part of the plot line because it hadn't been invented when that series was shot! It's not that I support cheating, I just hate the rampant invasion of privacy — even when it comes to sex. Let me rephrase that: Especially when it comes to sex!

If it's any comfort, cellphones make it easier to cheat. They let you pretend you're walking the dog when you're actually showing off your latest Victoria's Secret purchase to Hugo (explains the growling in the background). Just don't let your mate buy you a fancy cellphone that transmits conversations once the phone is turned off — yes they do exist.

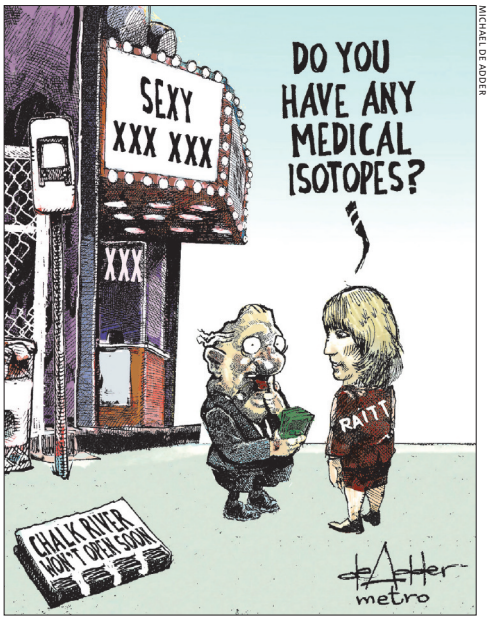
One friend knew her husband had draped voice-activated tape machines around her house and car so she tailored her conversations accordingly. "I just love him so much — he's so good to me," she'd chirp, making fake plans with her friends and then drive to her lover's. Her fun wasn't just infidelity, it was outwitting her prison guard-like husband.

Just as teenagers blow a curfew because it exists, the same goes for cheating. If you're trapped in some technological cage, you'll be as determined as Prison Break's Lincoln Burrows to outwit the authorities.

I remember Tom Robbins asking in Still Life With Woodpecker — how do you make love stay?

I bet he never thought the answer would be a GPS tracker.

Georgie Binks is a Toronto freelance writer who writes about gender and relationships; georgiebinks@rogers.com.



MICHAEL DE ADDER

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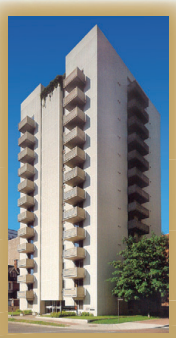

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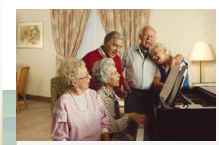

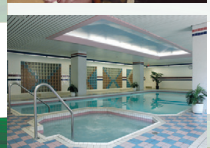

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Mortgage company, 13 others indicted in $12M real estate fraud
New York prosecutors yesterday said 13 people and a mortgage origination company have been indicted on charges of running a real-estate fraud involving sham sales. REUTERS

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

WestJet adds 11 new flight destinations

Calgary-based WestJet Airlines said yesterday that it is adding 11 new destinations in the U.S. and the Caribbean next winter in what it described as its biggest seasonal expansion to date.

While the growth spurt could be viewed as an attempt to steal market share from struggling rival Air Canada, one analyst noted WestJet Airlines is pressing ahead with its expansion plans in the face of a weak economy that has caused a pullback in travel spending. Most of the new destinations are sunspots that don't have much air service.

"Canadians are very sun-minded come the winter months," said Rick Erickson, an independent aviation consultant based in Calgary.

However, Erickson said WestJet appears to be gambling that the economic downturn will ease in the near future.

Meanwhile, Air Canada's recent efforts to be more customer friendly in a bid to protect market share and preserve cash during the current economic downturn may be "too little, too late," an equity analyst warned yesterday.

Fadi Chamoun, an analyst at UBS Investment Research, said the outlook for the country's largest airline remains bleak as profitability is hampered by weak demand and frequent seat sales.

TORSTAR NEWS SERVICE

U.S., international destinations

- WestJet's new U.S. destinations are Lihue, Hawaii; Miami and Atlantic City.
- Its new international destinations are Varadero, Cayo Coco and Holguin in Cuba; Ixtapa and Cozumel in Mexico; St. Martin; Providenciales, Turks and Caicos; Freeport, Bahamas.

Canuck firm wins dinner with Buffett

AUCTION A Toronto wealth management firm has won last month's auction of a steak lunch with Warren Buffett, in which it agreed to pay $1.97 million to dine with the world's second-richest person.

Salida Capital Corp. was the top bidder in the five-day auction, which ended June 26. The identity of the winner had previously been kept secret.

The auction benefited the Glide Foundation, a nonprofit in San Francisco that offers housing, job training, health and child care and meals for the poor.

REUTERS

Hong Kong Bubble-free housing

ROBERT JAY/REUTERS

Luxurious high-rise residential apartments are seen at Hong Kong's Tsim Sha Tsui district yesterday. Financial Secretary John Tsang pointed out Monday that no bubbles had been observed in Hong Kong's property market because of improved public ability to repay loans and the government's adequate surplus.

Business in brief

OTTAWA Quebec will challenge the federal government in court over plans to create a national securities regulator, accusing Ottawa of trampling on provincial powers. Quebec's finance minister said the province would refer the decision to the Appeal Court of Quebec.

L'AQUILA Russian President Dmitry Medvedev gave a reality check to G8 leaders seeking to reduce oil market volatility, saying it was impossible to regulate prices and $70-80 a barrel was a good range. France and Britain have led efforts to curb oil price volatility, arguing fluctuations have contributed to economic instability. REUTERS

Google takes aim at Microsoft with new PC operating system

COMPUTERS Google Inc. plans to attack Microsoft Corp.'s core business by taking on the software giant's globally dominant Windows operating system for personal computers.

Google, which already offers a suite of email, web and other software products that compete with Microsoft, said on Tuesday it would launch a new operating system that will initially be targeted at netbooks.

Microsoft shares fell 1.4 per cent to $22.22 US in early Nasdaq trade yesterday. Google shares rose 1.2 per cent to $401.36.

Called the Google Chrome Operating System, the new software will be in netbooks for consumers in the second half of 2010.

"It's been part of their culture to go after and remove Microsoft as a major holder of technology, and this is part of their strategy to do it," said Rob Enderle, principal analyst at Enderle Group.

"This could be very disruptive. If they can execute, Microsoft is vulnerable to an attack like this, and they know it," he said.

REUTERS

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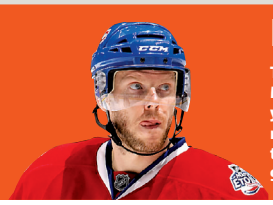
Crosby print stolen from Tim Hortons

A crook made off with a limited edition Sidney Crosby print from the Strathmore Tim Hortons, RCMP said yesterday. Police allege the man waited until staff weren't looking before lifting the print from the wall and fleeing. The photo includes a 1993 Timbits hockey card with Crosby as a youth. METRO CANADA

Sports



Koivu signs with Ducks

The Anaheim Ducks announced yesterday that the club has signed long-time Montreal Canadiens captain and free agent forward Saku Koivu, left, to a one-year contract. Terms of the deal were not disclosed, but the Montreal Gazette reported the deal is worth $3.25 million US. Koivu, 34, departs the Canadiens, the only NHL club he's known, after 792 regular-season games since the 1995-96 season. METRO NEWS SERVICES

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Girlfriend shot McNair while he slept: Police

Jealousy pegged as motive in former star's slaying

Jealousy drove Steve McNair's 20-year-old girlfriend to kill the former star NFL quarterback while he slept and then herself, the Nashville police chief said yesterday.

Sahel Kazemi shot McNair, 36, in the head while he dozed on the couch of his condominium in the early hours of Saturday, then pumped three more bullets into his head and body, police said.

She then sat down beside him and shot herself in the head, apparently intending to fall into his lap. Her body later slid to the floor of McNair's shared rented condominium.

Steve McNair

"We think in the last five to seven days of her life many stresses were affecting her, with one of those doubts whether her relationship with Mr. McNair was unravelling," Police Chief Ronal Serpas told reporters.

"We have no evidence that anyone else was involved," he said.

Kazemi was working as a waitress in Nashville when she met McNair, who bought her a Cadillac sports utility vehicle and took her on vacations.

Several days before the slaying, Kazemi had seen someone she thought might be McNair's new girlfriend leaving the apartment, and followed her, the chief said.

Kazemi, who came from an immigrant Iranian family, bought a gun for $100 after concluding McNair, who was married with four sons, had a new girlfriend, Serpas said.

Her relatives have said she believed McNair planned to divorce his wife and marry her, though no divorce papers were ever filed. Police said Kazemi was also worried about money. REUTERS

MIKE STOBE/GETTY IMAGES

Senators goaltender Alex Auld has been traded to the Dallas Stars for a sixth-round pick.

Sens deal Auld to Stars for pick

NHL The Dallas Stars acquired goaltender Alex Auld from the Ottawa Senators in exchange for the sixth-round draft pick in 2010 which the Stars previously acquired from San Jose.

In addition, the club signed defenceman Mark Fistric to a three-year contract worth $3 million.

Auld was 16-18-1 with a 2.48 goals-against average and one shutout for Ottawa last season. The journeyman netminder has played in 183 contests with five clubs since 2001, going 74-75-23 with two ties, a 2.76 GAA and six shutouts.

Fistric posted four assists in 36 games for Dallas a season ago. In 73 NHL games over two seasons with the Stars, the 23-year-old has collected six helpers and 66 penalty minutes. METRO NEWS SERVICES

Sports in brief

TOUR DE FRANCE Frenchman Thomas Voeckler timed his move to perfection to clinch a maiden Tour de France win after an early breakaway surprised the sprinters' teams yesterday. Swiss Fabian Cancellara retained the overall leader's yellow jersey after finishing safely in the pack and still leads seven-times champion Lance Armstrong by a fraction of a second.

BASEBALL Toronto Blue Jays activated left-handed relief pitcher Scott Downs from the 15-day disabled list and released lefty B.J. Ryan. Ryan was erratic in 25 games this year, going 1-1 with two saves and a 6.53 ERA. METRO NEWS SERVICES

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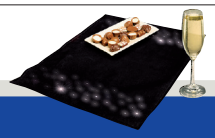

Metro Homes

Sylvania goes LED
Sustainable lighting technology never looked so good with Sylvania's latest line of LED displays, from table runners, left, to hallway guide lights, bottle toppers and colour changing coasters. See Sylvania.com for more.

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Leave town without a worry

HomeScape
Sylvia Putz
metronews.ca/homescape

Going camping or cottaging for a week or two is a summer tradition for many families. If you're lucky, you can go for more than a couple of weeks. Lazing about, relaxing, swimming, sunning, barbecuing, ahh.

But wait a minute. Before you get too comfortable, did you remember to cancel the newspaper or is a pile of newsprint blowing all over your yard at home? Is your mailbox stuffed to overflowing while you cavort at some lovely northern lake? Is your normally well-kept city lawn starting to look like waist-high prairie grasses waving in the wind?

If so, consider this: Everybody knows you're not at home. And this is like an invitation to those who would be tempted to help themselves to whatever might be of interest in your home.

The trick is, of course, to make it look like you are at home when you are not. Cancel your papers, and ask a neighbour to pick up mail and flyers for you. The last thing you want is papers lying around your door practically broadcasting your absence. An unmowed lawn can also give you away, so arrange for someone to cut it if you're gone away more than a week.

Use timers on lights, and set different times in different rooms. Leave curtains open to avoid that "left town" look. Turn down or turn off telephone ringers that can deliver a "not home" message to anybody who hears it from outside. Timers on TVs or radios can help create an illusion of someone being at home. Radio talk shows can be effective at creating the sound of a conversation in a house.

Keeping a car in your driveway when you're not home can be a good deterrent to would-be criminals looking to loot your place.

Keep a car parked in the driveway, or ask a relative or a friend who lives nearby if they could leave their car parked in your driveway while you're gone. Another way to create the illusion of "being home" is to have your neighbour (and you'd better be very nice to them from now on) take your trash or recyclables to the curb on garbage pickup day and remove it in the evening. (This is, providing your city workers are not on strike.)

Ask family or good friends who live close to visit periodically, water the plants, check the house and just take a look-around.

Also tell a trusted neighbour that you'll be going away and for how long. Tell them about any planned visitors to your house (such as your walk-around relatives or friends) during your absence. Give them your number while you're away in case of an emergency. Giving them a key might not be a bad idea either, in case they need to get into the house to check, for instance, a fire alarm that is sounding.

While these kinds of precautions will create a lived-in look, other things are just security-minded reminders. Thieves, like the rest of us, are attracted to easy jobs. It's worth the trouble to make their work more difficult — maybe they'll just pass.

When you go away, make sure windows are locked, and use a wooden strip in sliding tracks for extra security. Double check that doors are locked, preferably using deadbolt locks. And since garages sometimes offer easy access into a home, make sure you garage door is locked and secure.

Lastly, you might consider home alarm systems, as they make your home a less likely target for thieves. Plus some insurance companies offer a discount on property insurance if you install a monitored system.

And once you've secured the home base, you can truly relax and enjoy that well-deserved vacation away from home.

"Use timers on lights, and set different times in different rooms. Leave curtains open to avoid that 'left town' look."

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show Arresting Design; sputz@arrestingdesign.com.

Inspire creativity with a brand new space

LIVING Now that your children are out on their own, you may want to concentrate on those hobbies you never had time for or create the home office you have always wanted. Whether your passion is scrapbooking or you need a place to keep your files in order, having the proper work area can help you complete your tasks. "Start off with one of the great storage options available to help you organize, and complete the project by adding unique decorative pieces to complement your individual style," says Frank Turco, Manager of Colour, Trend and Design from The Home Depot.

Storage

A great craft corner or office is one with supplies that are organized and easy to find. From Closetmaid's versatile storage system to ready-to-install or custom cabinetry, there is a perfect option for every space and need. Whether you need multiple small shelves to store all your supplies or a large display area to showcase your finished projects, it's easy to customize the storage for your new hobby corner to suit your preference and space limitations.

NEWS CANADA

"Start off with one of the great storage options available to help you organize, and complete the project by adding unique decorative pieces." Frank Turco

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Food for thought

An international food safety body has set rules to cut levels of cancer-causing chemicals and bacteria in foodstuffs ranging from French fries to baby food, the U.N. Food and Agriculture Organization said this week. **REUTERS**

Food

Peaches are picked when mature but firm for the journey to market; most will need a little extra ripening at home.

CANADIANLIVING.COM

Ripening

Keep them at room temperature out of direct sun until ripening begins. Sealing them in a paper bag can speed the process.

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Canadian Living magazine is on sale now!

Canadian Living recipe of the month

Pork dinner, peach dessert

The dishes in this meal features light, fruity flavours

YVONNE DUIVENVOORDEN

Canadian peaches are available from mid-July through late September. Pick up local peaches for the freshest taste.

Lemon Mint Pork Tenderloin

SERVES 4-6
PREP TIME: 15 MINUTES
COOK TIME: 15 MINUTES

INGREDIENTS:

- 1 tbsp (15 ml) grated lemon rind
- 3 tbsp (45 ml) each lemon juice, extra-virgin olive oil and liquid honey
- 1 tbsp (15 ml) chopped fresh mint
- 1 clove garlic, minced
- 2 pork tenderloins (each 12 oz/375 g)
- 1/4 tsp (1 ml) each salt and pepper

METHOD:

In large bowl, whisk together lemon rind and juice, oil, honey, mint and garlic. Add pork, turning to coat; cover and refrigerate for 10 minutes or for up to 8 hours.

Place pork on greased grill over medium-high heat; brush with any remaining marinade. Close lid and grill, turning once, until juices run clear when pork is pierced and just a hint of pink remains inside, 15 to 20 minutes.

Transfer to cutting board and tent with foil; let stand for 5 minutes before carving into 1 cm-thick slices. Sprinkle with salt and pepper.

Peach and Blackberry Cornmeal Cobbler

If you can't find any blackberries, use raspberries instead. Serve warm with a scoop of vanilla ice cream for a homey and comforting dessert.

SERVES 6-8

INGREDIENTS:

- 7 cups (1.75 L) sliced pitted peeled firm ripe peaches
- 1 cup (250 ml) blackberries
- 1/3 cup (75 ml) granulated sugar
- 2 tbsp (25 ml) cornstarch
- 1 tbsp (15 ml) lemon juice

Cornmeal topping:

- 1 cup (250 ml) all-purpose flour
- 1/2 cup (125 ml) cornmeal
- 1/4 cup (50 ml) granulated sugar
- 1 tsp (5 ml) grated lemon rind
- 1 tsp (5 ml) baking powder
- 1/4 tsp (1 ml) baking soda
- 1/4 tsp (1 ml) salt

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>> Continued from above

- 1/3 cup (75 ml) cold unsalted butter, cubed
- 2/3 cup (150 ml) milk

METHOD:

In large bowl, gently toss together peaches, blackberries, sugar, cornstarch and lemon juice; scrape into 8-inch (2 L) square glass baking dish.

Cornmeal topping:

In large bowl, whisk together flour, cornmeal, sugar, lemon rind, baking powder, baking soda and salt; using pastry blender or two knives, cut in butter until crumbly. Drizzle with milk, stirring to form soft, sticky dough. Drop topping by 1 tbsp (15 mL) onto peach mixture.

Bake in 375°F (190°C) oven until bubbly and biscuits are golden and no longer doughy underneath when lifted, about 50 minutes.

- Make-ahead: Let cool. Cover loosely with foil and refrigerate for up to 24 hours; reheat in 350°F/180°C oven for about 30 minutes.
- Looking for a crisp, light coleslaw to accompany the tenderloin? Visit metronews.ca/food for a Classic Coleslaw Plus recipe.

online

For more Tested-Till-Perfect recipes, visit canadianliving.com

Local Savour

The Tea Party
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sssch

Located in the heart of the By-Ward Market, The Tea Party is a turn-of-the-century home transformed into a cozy tea and coffee house. The Tea Party boasts over 80 different types of black, green, herbal, rooibos and flavoured teas from all over the world, as well as almost 30 different kinds of fair trade and organic coffees.

They offer a lunch menu as well, ranging from soups and salads to paninis and curries, and have freshly baked sweets available daily. For those hot summer days, there are also a variety of iced teas and coffees.

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

Grilling grapes

With queries regarding my favourite Michael Jackson performance finally petering out (and for the record it's The Jacksons' Blame It on The Boogie) my July begins to return to normal with every second person asking me: "What's a good wine to serve at my next barbecue?"

Now when someone rolls ever grilling opportunity in the singular description of "barbecue" I assume they really mean hamburgers and hotdogs rather than a well planed menu worthy of Bobby Flay.

The trouble with finding a liquid partner for burgers and weenies is all the extras. Ketchup, relish, mustard and spicy sauces can generally work out a compromise with medium dry white wines (and cold beer) but they can wreak havoc on a red.

Reds that are gulpable (like a fine brew) make the best match and the **2006 Fish Eye Shiraz ($8.95 - $10.99)** from California fits the bill with its soft, cherry/red licorice sweetness, subtle tannins and fresh flavour trail.

While **Peter Lehmann's 2005 Clancy's Red ($17.99 - $19.87)** is an Aussie meld of shiraz, cabernet sauvignon and merlot it isn't your typical Barossa Valley bruiser. Well-balanced and plum-infused it makes nice with even the most aggressive condiments.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

ELLE CANADA

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Style

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EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

IT'S A GREAT ESCAPE!

Why not live like the beautiful peeps? Next stop: Paradise

Modern bauble Unlock the secret to effortless style with an ultra-chic key from Tiffany & Co. ($230 to $3,900 each, tiffany.ca)

Swept away Let the scent of vanilla mingle with the sea breeze. Guerlain Tiaré-Mimosa Eau de Parfum Spray ($56 for 75 mL, at Guerlain counters)

INSPIRATION

AUDREY HEPBURN ELEGANT AND GAMINE, THE ICONIC ACTRESS EMBODIED THE SPIRIT OF THE GOOD LIFE.

Dream, girls This Sweet Cluster ring from Anthropologie captures the jet-set glam of tropical travel ($38, anthropologie.com).

Hot to trot Miles to go before you sleep? Enlist Zoe & Zac's walking flats ($39.99, at select Payless ShoeSource stores).

"Wish you were here" A holiday note on this swish stationery from Jack and Lulu will make them feel it—or, better yet, inspire them to come to you ($20, jackandlulu.com).

STUDIO ANDRÉ DOYON

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Zooey's indie spirit

By **NOREEN FLANAGAN**
Executive Editor

Zooey Deschanel's earliest notions about romance may have come from musicals such as Singin' in the Rain, but the 29-year-old actress says that she wasn't duped into believing in happily-ever-after endings. "I'm realistically romantic," she says. "My generation tends to be either overly cynical or too romantic."

In her latest film, (500) Days of Summer, Deschanel's character (Summer) skews to the cynical side of the love equation, whereas her co-star Joseph Gordon-Levitt plays a young man (Tom) who is hopelessly smitten. This tale of unrequited love chronicles the giddy highs and crippling lows that Summer and Tom experience during their 500-day relationship. "Everyone has been a Tom or a Summer — or both — at some point," says Deschanel.

"Both are difficult positions to be in. With one, you get all the feeling and emotion of the experience; with the other, you feel completely removed from the experience that somebody else is having with you." Deschanel has an equally pragmatic approach to her other creative love: music.

In 2008 Deschanel paired with M. Ward to form the indie rock group She & Him. "Writing is more solitary than film," she says. "You're in a room alone with a piano. Next you're in the studio, and then the song is out in the world — it's very satisfying."

Editors' Pick

FRENCH KISS

Denis Gagnon collaborated with Fullum & Holt (the Montreal leather-goods brand) to create a line of chic handbags ($550 each, fullumandholt.com).

Avoid sunburn

To reduce your risk of sunburn, try to stay in the shade, use sunscreen with an SPF of at least 15, and avoid the sun when it's at its strongest — from 11 a.m. to 4 p.m. NEWS CANADA

Staycations

Wear sunglasses

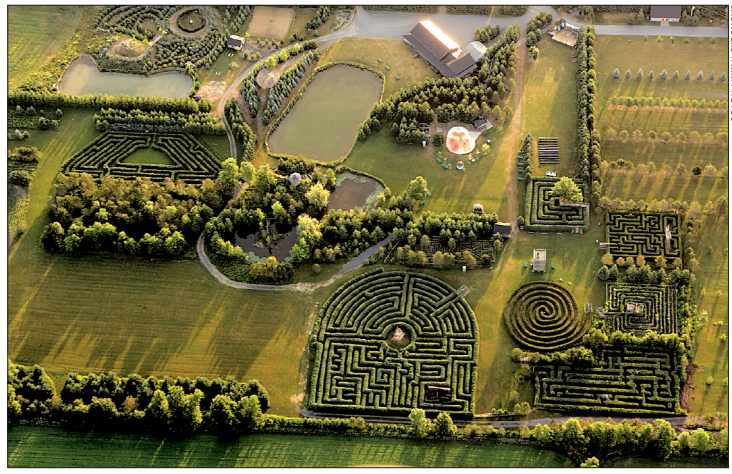
Protecting your eyes is key, as the sun produces different types of light that can cause damage to them. Take extra precautions in bright or intense light, as well as in blue light, which is produced by the reflection of light on water. NEWS CANADA

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Mazes amaze

Saunders Farm popular for day-trippers

TRACEY TONG
tracey.tong@metronews.ca



SAUNDERS FARM PHOTOS

Saunders Farm has 11 mazes, including 35-minute mazes that measure a mile to the centre. This year, they've introduced a Flashlight Maze Craze — which runs tomorrow.

During the work week, you may be doomed to traffic congestion and crowds in the downtown core, but you don't have to go far for a reprieve.

Saunders Farm may be a popular destination come Halloween season, but it has lots to offer during the summer season as well.

Located in the village of Munster within the city of Ottawa, the family-owned farm gets tens of thousands of visitors a year, making it arguably the city's most popular non-government attraction.

"We're a bit of an institution in Ottawa," said Mark Saunders, owner of — "and director of fun" at — Saunders Farm.

"What really excites us is how people love the farm, and when they have friends coming in, they bring them here.

"We're one of those local flavour things people really seek out."

Its location and family- and date-friendly activities make it a popular destination for local day-trippers.

"We get a lot of people from the city and the suburbs," said Saunders. "We're very green and we've got a lot of space and fresh air. Summertime is a great time to bring a picnic. And it's different from city parks because we've got so many activities here and you get lots of exercise and have fun while you do it."

While the farm is popular for its mazes and labyrinths — they have 11, ranging from 10-minute mazes for kids to 35-minute mazes that measure a mile to the centre — there are also play structures, tree houses, splash pads and an observation tower.

For the more relaxed, there's also a shop featuring gourmet farm goods and Adirondack chairs to kick back and enjoy the surroundings in, Saunders said.

But there really is something for everyone, Saunders said.

"We get families and grandparents and teens and 20-somethings coming out," he said. "Everyone becomes a big kid when they come here."

> **"Everyone becomes a big kid when they come here."**
> Mark Saunders

But the mazes, which are designed by Saunders' father and farm founder Bill Saunders and world-renowned maze designer Adrian Fisher, are what bring the people in.

This year, Saunders Farm is introducing its Flashlight Maze Craze.

"We had a lot of people asking if we were open at night," Saunders said. "We're going to have a big campfire going and a barbecue, s'mores, glowsticks and some music. And when it gets darker, people can use flashlights and explore the mazes."

Saunders has no doubt the event, which is geared more towards adults, will be a success.

"There's no doubt people will be scaring each other," he chuckled.

If you want to go...

- The Flashlight Maze Craze happens tomorrow and Friday, Aug. 14 from 7-10 p.m.
- Price is $12.99 per person or $48 for a family of four.
- Bring your own flashlight.

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Sunscreen tip
To get the most out of your sunscreen, you should apply it at least 20 minutes before going outside, and reapply it every 20 minutes. You should also reapply your sunscreen after swimming or perspiring heavily. NEWS CANADA

Explore the city on a bike

MJ DESCHAMPS
for Metro Ottawa

With the economy forcing many people to spend their holidays at home this year, it's the perfect opportunity to explore the parts of Ottawa we usually take for granted, and reduce our carbon footprints at the same time with a low-cost, environmentally friendly bike holiday.

Here in the National Capital Region, we have one of the largest networks of cycling pathways in North America, with more than 180 kilometres of recreational pathways.

"These pathways connect visitors to a rich experience of the Capital," said Marilyne Guèvremont from the National Capital Commission, noting that sites such as Parliament Hill and the National War Memorial are located along popular trails.

Guèvremont suggests picking a theme for a bike holiday for those with a goal in mind.

Cyclists can focus on seeing all of the major gardens in the region, such as Commissioner's Park near Dow's Lake or the Garden of the Provinces and Territories near the Supreme Court of Canada, or decide instead to stop by as many parks and beaches as they can, such as Major's Hill, Confederation Park or the Gatineau Park beaches.

Taking a bike holiday is a great way to see the city, and reduce your carbon footprint at the same time.

Families can get a Canada's Capital Museums Passport, and spend a bike holiday visiting different museums in the region, "cycling their way to nine museums in seven days at their own pace," said Guèvremont.

Gatineau Park is the best place for mountain biking, she said, where there are 90 kilometres of mixed-use mountain biking and hiking trails. On the Quebec side as well, many families enjoy the Voyageurs pathway, a 30-kilometre trail beginning near Leamy Lake Beach and ending at the Deschênes Lake Marina in Aylmer.

For families and those just wanting to enjoy a leisurely afternoon cycling, long-time favourite spots include along the Rideau Canal, or the Ottawa River Parkway during the NCC's Sunday Bikedays, which have been running since 1970.

"Bikedays provides families, visitors and residents a unique opportunity to enjoy the beautiful scenery of Canada's capital."
Marilyne Guèvremont

"Bikedays provides families, visitors and residents a unique opportunity to enjoy the beautiful scenery of Canada's capital, uninterrupted by motor traffic," said Guèvremont.

"It's also a great reminder of the benefits of going green."

Even if you don't own a bike, your bike holiday is still possible — the National Capital Commission started their Bike Share pilot project last month, where people can rent bicycles between four stations located in downtown Gatineau and Ottawa.

Rideau Canal Festival aims for zero footprint

TRACEY TONG
tracey.tong@metronews.ca

This summer, a vacation doesn't require travelling far, and it won't cost the Earth. Celebrate one of Ottawa's favourite historical and cultural landmarks and resources at the zero-footprint Rideau Canal Festival.

The festival, which earned the title of Ontario's best new festival when it kicked off last year, runs from July 31 to Aug. 3 and celebrates the UNESCO World Heritage Site designation of the Rideau Canal.

While many events leave overflowing garbage cans and litter in their wake, this festival — aptly entitled Aim for Zero Footprint this year — has an eco-conscience. The first-ever zero footprint festival purchases carbon credits to offset any environmental impact and encourages people to bike or walk to events and to bring food and beverages in reusable containers.

All weekend, featured activities also include an ecosphere environmental fair with more than 100 exhibitors, to be held at Confederation Park; a green speakers series featuring speakers to inspire the public to embark on the road to real change in their everyday lives, and the Enbridge Buy Local Barbecue Challenge.

A highlight this year includes the collaboration with the Ottawa Chamber Music Festival for the Musical Breeze Parade of Bicycles. The parade is an outdoor musical and cycling event in which participants encounter a series of mini concerts and assist in music-making by observing posted instructions to create sounds and make music. It takes place on Aug. 1 at 1 p.m. at Lansdowne Park, and ends at City Hall.

The Adopt-A-Metre program is also returning, offering people the chance to adopt a piece of the Rideau Canal for $20. The donation will help to offset carbon emissions.

For more, go to rideaucanalfestival.ca.

Cause of Jackson death 'deferred'

With toxicology tests still being conducted, Michael Jackson's cause of death is listed as "deferred" on his official death certificate, which was issued Tuesday, the same day as his private funeral and public memorial. **PEOPLE.COM**

Entertainment

Dinner in Paris

Britney Spears treated her boys Sean, 3, and Jayden, 2, to dinner at the Eiffel Tower Tuesday in Paris. "Just had dinner with my boys at the Eiffel Tower," she wrote on Twitter. "So beautiful." USMAGAZINE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

Infectious rural roots

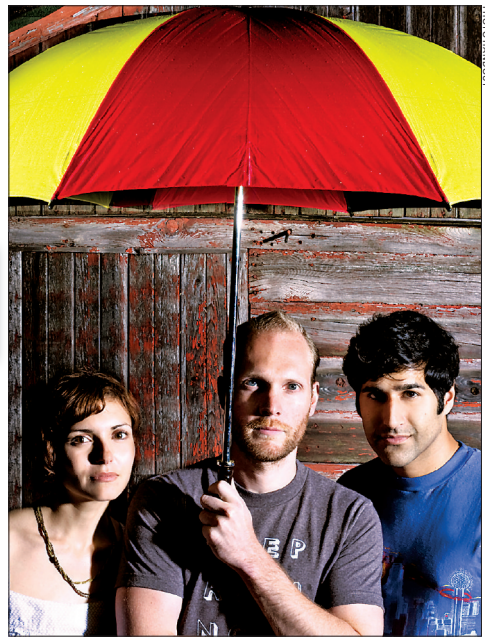

PHOTO: HANDOUT

Hometowns is the new album from Rural Alberta Advantage.

Rural Alberta Advantage

Album: Hometowns
Label: Saddle Creek/Outside
Rating: ●●●●½

LISTEN TO THE Rural Alberta Advantage and you'll likely feel two things: Refreshed and inspired. This Toronto band — singer Nils Edenloff hails from Edmonton — delivers a fascinating listen, combining rollicking indie rock and barn burning roots with non-stop percussion. Edenloff doesn't have the cleanest voice, but his forceful, scratchy pipes, and the album's lo-fi recording, makes this listen much more immediate. The subject matter isn't original; songs about home, in this case Alberta, is so Canadian, but they avoid nostalgia, making this an easily relatable record. Definitely one of the most infectious albums of the year.

Bryan Borzykowski/for Metro Canada

Listen to this week's reviewed music at **metronews.ca/music**

Maxwell

Album: BLACKsummers' night
Label: Sony Music
Rating: ●●●

FOR HIS FIRST studio outing in eight years, Maxwell continues to push an encouraging trend in contemporary R&B circles, returning to old school seductive soul in the style of Marvin Gaye and Al Green. The Brooklyn native has the voice for it, demonstrating a note-bending falsetto that, at times, rivals that of Aaron Neville. Yet, there's a banality to the "I've-got-a-Jones-for-you" lyrics that holds this record back. The true star here is the work of producer Hod David and his remarkable band, driven by a three-part horn section and the fluttering organ of Shedrick Mitchell. Maxwell would be wise to keep the band together for the next installments in this trilogy.

Graham Rockingham/for Metro Canada

MusicReviews

music@metronews.ca

Son Volt

Album: American Central Dust
Label: Rounder
Rating: ●●●½

SON VOLT PUTS away the psychedelic effects and delivers a straight up slice of rootsy, well-crafted Americana. Singer-guitarist Jay Farrar writes songs for rust belt victims and lost cowboys. He gets extra points for penning an empathetic song (Cocaine and Ashes) about Keith Richard's admission that he snorted his dad's crematory ashes. It's that kind of twisted sentiment that keeps this band a cut above most other alt-country outfits.

Graham Rockingham/for Metro Canada

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Bad Brüno, bad
Emil Brix, Austria's new ambassador to Britain, has called for a boycott of Sacha Baron Cohen's film Brüno because of its "cheap" jokes. The film follows Cohen as the eponymous gay Austrian fashionista trying to become a celebrity in the US. FEMALEFIRST.CO.UK

Da Vinci sequel set in D.C.

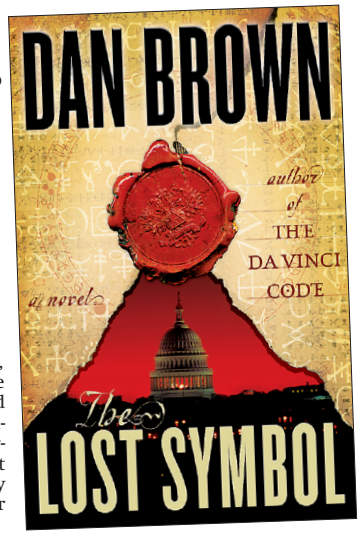
Release of covers spurs speculation about plot

Author Dan Brown is moving to Washington, D.C., for the follow-up to his successful conspiracy theory novel The Da Vinci Code, publisher Random House said yesterday.

Brown's latest novel, The Lost Symbol, will be published Sept. 15 and again features the fictional, mystery-solving Harvard symbologist Robert Langdon, with the story taking place over a 12-hour period.

The location and plot of the book had been kept under wraps until the publisher released two jackets for the book Wednesday to kick off a promotional campaign that includes online puzzles and codes.

The U.S. cover features a picture of the Capitol with a red wax seal against a background of symbols, while the cover for Britain and Australia has the Capitol and a key with a square and a compass.



Dan Brown's The Lost Symbol will be out Sept. 15.

Brown's U.S. editor, Jason Kaufman from Knopf Doubleday, an imprint of Random House, said in a widely reported statement that the book is "largely" set in Washington but "it's a Washington few will recognize."

"As we would expect, he pulls back the veil — revealing an unseen world of mysticism, secret societies, and hidden locations, with a stunning twist that long predates America," said Kaufman.

The release of the covers will give Brown's fans plenty of fodder for speculation in the lead-up to the book's release, with Brown decoders already noting the similarities to emblems of the Scottish Rite of Freemasonry, which has a headquarters in Washington.

The Lost Symbol will have a global English-language first print run of 6.5 million copies — the largest first print run ever by Random House, a unit of German media group Bertelsmann AG .

The Da Vinci Code has more than 81 million copies in print since its 2003 publication and topped best-seller lists worldwide, outraging the Vatican and some Catholics because of the fictional story lines involving conspiracy and the Catholic Church.

Since publication of The Da Vinci Code, Brown's earlier novels Angels and Demons, Deception Point" and Digital Fortress have also become international bestsellers.

Tom Hanks played Langdon in the 2006 film adaptation of The Da Vinci Code, and also in this year's movie adaptation of Angels and Demons, which did not create the same furor in the Vatican or the same demand at the box office. REUTERS

"(It's) a Washington few will recognize."
Jason Kaufman

Entertainment in brief

TELEVISION The Jonas Brothers and Demi Lovato are headed back to camp. Camp Rock 2 The Final Jam, the sequel to last year's top-rated cable telecast, will begin production this summer and debut next year on Disney Channel. REUTERS

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Jackson album sales rocket even higher

MUSIC On the day the world said goodbye to Michael Jackson, his star continued to shine on Billboard's charts. Based on preliminary sales numbers from Nielsen SoundScan, Jackson's catalogue of solo albums sold a whopping 800,000 copies in the U.S. in the tracking week that ended at the close of business Sunday. That's an increase of 90 per cent from the previous week.

A jump in sales was expected, since this was the first full week of sales since Jackson's passing on June 25. Most physical retailers sold out of Jackson albums in the days after his death, but last week Sony Music Entertainment and Universal Music Group replenished brick-and-mortar stores with CDs. REUTERS

Kenya's Style
Kenya Hunt
Read the blog at metronews.ca/kenyasstyle

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7/9/09

	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
OT	265	353	2	TVO Mighty Movers		The Best of The Agenda		Life Isn't All Ha Ha Hee Hee		*Empz 4 Life* (2006, Documentary)		
primetime	211	331	3	GTV ET Canada	Entertainment	Big Brother 11 (N)		Harper's Island "Gasp, Sigh" The killer is revealed. (N)				News
	-	-	5	SRC Des squelettes	Gars fille	Perdus (HDTV) (SC)		Bons baisers de France (SC)		Le Téléjournal et Les Nou		TJ Ontario
	209	342	6	CHRO The Road to Avonlea		Greek (N)		Grey's Anatomy		(10:02) Private Practice		Comedy Now
	196	311	7	CTV Hollywood	Corner Gas	CSI: Crime Scene Invstgtn.		So You Think You Can Dance		(10:01) The Listener		News (N)
	208	303	8	CBC Coronation St.	Jeopardy! (N)	Doc Zone (HDTV)		Doc Zone (HDTV)		CBC News: The National		Stampede
	-	360	9	NBC Wheel-Fortune	Jeopardy! (N)	30 Rock	The Office	The Office	30 Rock	(10:01) The Listener		News (N)
	117	713	10	TVA Dépenses xtr	Marché	Dr. House (HDTV) (SC)		Mollie (HDTV)		TVA 22 heures	(10:35) Juste pour rire (SC)	
	-	-	11	QS Grande fille	Avec Albert	*Une ennemie si proche* (2005, Suspense) Megan Gallagher.				La Porte des étoiles (SC)		Call TV
	137	763	12	TFO Panorama été	Esprit	Sur la Piste de	Villages	*Une Affaire de femmes* ★★★ (1988, Drame) Isabelle Huppert.				Esprit
	-	362	13	CBS Dr. Phil (HDTV) (N)		Big Brother 11 (N)		CSI: Crime Scene Invstgtn.		(10:01) The Mentalist		Two/Half Men
	216	395	14	OMN2 Raymond	According-Jim	News (N)		News (N)		Two/Half Men	King	Cold Case
	214	344	15	CITY Law & Order: SVU		30 Rock	Scrubs	According-Jim	30 Rock	(10:01) Law & Order: UK		News (N)
	115	343	16	CFMT Two/Half Men	The Simpsons	News (N)		Vivere Il	News (N)	The Simpsons	King of the Hill	Metropia
	218	345	18	E! The Insider (N)	E! News	How I Met	'Til Death	True Hollywood Story		The Beast		News (N)
	-	361	20	ABC News (N)	Entertainment	Samantha Who	Samantha Who	Grey's Anatomy		(10:02) Private Practice		News (N)
	512	396	24	CPAC Tête-à-tête	Beyond Poli	L'Heure politique		Dossier public				Heure polit.
	651	355	25	CTS Little House on the Prairie		Michael Coren Show		100 Huntley Street		Life Today	This Is Day	John Hagee
	-	365	36	FOX TMZ (N)	Seinfeld	Bones (HDTV PA)		So You Think You Can Dance		News (N)		News
	-	-	64	PBS Business Rpt.	Adirondack	Wolf: Travels	Time Goes By	Miss Marple (Part 2 of 2)		Poldark		Charlie Rose
	205	312	104	CTV Hollywood	Corner Gas	CSI: Crime Scene Invstgtn.		So You Think You Can Dance		(10:01) The Listener		News (N)
news	502	390	26	NW CBC News	Marketplace	The Hour		CBC News: The National		The Nature of Things		National
	500	500	33	CNN Lou Dobbs Tonight		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
sports	406	417	27	net MLB Baseball Kansas City Royals at Boston Red Sox. From Fenway Park in Boston.						Sportsnet Connected		Sportsnet Con.
	126	730	28	RDI 24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
	400	280	30	TSN CFL Pregame	CFL Football Edmonton Eskimos at Montreal Alouettes. (HDTV) (Live)						SportsCentre	
	410	403	52	SCR Poker		Strikeforce		Poker		Score Tonight		Final Score
	411	457	56	OLN Bounty Hunter	Bounty Hunter	Cycling Tour de France -- Stage 6. From Gerone to Barcelone.						Cycling
	417	406	59	SC Pimp My Ride	Pass Time	Pinks Outtakes	NASCAR Racing Sprint Cup -- LifeLock.com 400 Qualifying.				Wrecked	Pimp My Ride
family	554	544	48	TEL Jimmy Two	Total Drama	6TEEN	6TEEN	Futurama	*Blade II* ★★ (2002, Horror) Wesley Snipes, Ron Perlman.			
	557	540	51	FAM Wizards-Place	Han. Montana	The Suite Life	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	551	542	65	YTV Family Biz	Family Biz	Malcolm-Mid.	Futurama	In Real Life		Falcon Beach		Mystery Hnt.
	570	580	29	MM The Daily Fix		Ranked!		MuchMoreMusic Countdown		Entourage	Gene Simmons	The Daily Fix
	615	520	31	A&E CSI: Miami (HDTV)		The First 48 (HDTV)		Crime 360 "Indianapolis"		Crime 360 (HDTV) (N)		LA Gang Unit
	628	584	32	SPKE CSI: Crime Scene Invstgtn.		UFC's Ultimate 100		TNA iMPACT! (HDTV) (N)				Jesse James
	521	560	34	TLC LA Ink World record.		LA Ink (HDTV)		LA Ink (HDTV)		LA Ink "Kat's Back" (N)		LA Ink
	145	761	35	TV5 Destinations	Hep! Taxi	Club social		Envoyé spécial				Journal TV5
	616	521	39	SHO The Outer Limits		Love-Death	Love-Death	*The One That Got Away* (2008, Drama) Kelli Williams.				House
	620	523	40	BVO Montreal Jazz Festival		Bathroom Divas-Opera Star		*Marker* (2005, Drama) Iris Graham. (DVS)				Law & Order
	520	505	42	DIS Daily Planet		MythBusters (Part 1 of 2)		MythBusters (Part 2 of 2)		MythBusters		Daily Planet
	575	583	43	CMT Anne Murray: One on One		Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Tuckerville
	601	562	45	SLC Skin Deep	Til Debt-Part	Last 10	Last 10	Last 10	10 Pounds	Bulging Brides	Bulging Brides	ET Canada
	625	548	46	COM Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	Comedy Now (DVS)		Daily Show
	294	529	47	TBS Family Guy	Family Guy	Friends	Friends	Friends	Friends	*Road Trip* ★★ (2000, Comedy)		
	600	564	49	H&G House Hunters	Property Virgin	Handyman Superstar		Disaster DIY	Big Amazing	House Hunters	House Hunters	Holmes-Homes
	627	528	50	SPC The Listener (HDTV) (N)		Star Trek: Voyager		*Basilisk: The Serpent King* (2006, Horror) Yancy Butler.				Stargate SG-1
	581	566	53	MTV Fist of Zen	After	MTV News	Cribs	Run's House	Run's House	Canada's Next Top Model		MTV Live
	618	524	54	TROP Traders "The Afterlife"		Inside Hollywood		Seinfeld	Raymond	Family Guy	Seinfeld	Seinfeld
	522	506	55	HIS NCIS "Hiatus"		Ancient Discoveries		Unlocking the Past		NCIS "Hiatus"		Marine Mach.
	129	773	60	CD Alerte animale (HDTV)		Les Grands travaux (HDTV)		Docu-D (HDTV)		Un tueur si proche (HDTV)		Dernier combat
	261	394	61	V Murder, She Wrote		Wait for God	'Allo, 'Allo!	*That Thing You Do!* ★★★ (1996, Comedy-Drama)				Poltergeist
	602	567	62	W Style by Jury	Friends	Divine Design	House	Confidential	Save Us-House	Divine Design	Love It-List It	House
	269	350	70	APTN Warriors: TKO	Wapos Bay	By the Rapids	renegadepress	*Cellular* ★★ (2004, Suspense) Kim Basinger, Chris Evans.				Tears
	621	527	71	TLK The Ellen DeGeneres Show		TMZ (N)	etalk Profile	Paris Hilton's My New BFF		Tonight Show-Conan O'Brien		TMZ
cable variety	603	561	95	FN Chef at Home	Crash-Kitchen	Restaurant Makeover		Jamie's Eat to Save Your Life		Ace of Cakes	Ace of Cakes	Boys Weekend

critics'corner

MythBusters
You didn't need your head attached to your body, did you? Ever hear the rumor that if a high-tension cable snaps and hits you, something's getting sliced — and it isn't bread? Jamie and Adam decide to test that theory in this episode, but here's betting they're not going to use a real person to experiment on (insert crossed fingers here). 10 PM on 42 DIS

30 Rock
The road of love gets bumpy for Liz and Jack (Tina Fey, Alec Baldwin). Liz dumps her boorish boyfriend (Dean Winters) and seeks Jenna's (Jane Krakowski) help in getting back into the singles scene. Jack realizes that dating a high-ranking aide to the president of the United States carries its own baggage. The hostility between Tracy and Tooffer (Tracy Morgan, Keith Powell) lands them in sensitivity training in "The Break-Up." 8 PM on 15 CITY 9 NBC

A ring for Bethenny

The Real Housewives of New York City regular Bethenny has a pre-engagement ring from her boyfriend of a less than a year, Jason Hoppy, eonline.com reports. A source says "the ring is a placeholder. But she is definitely getting married." METRO NEWS SERVICES

Celebrity Buzz

Tears flow in tweets during MJ memorial

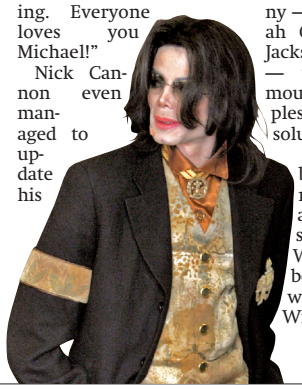
MOURNED Jane Fonda, Yoko Ono and Paris Hilton logged on during Michael Jackson's memorial service to express their sadness at his death, femalefirst.co.uk reports.

A flurry of messages were posted on social networking site twitter.com during the emotional service at Los Angeles' Staples Center.

Fonda wrote, "Watching Usher sing to Michael's casket. Tears rolling down my cheeks."

Hilton added, "In tears watching the MJ Memorial Service on TV, so touching. Everyone loves you Michael!"

Nick Cannon even managed to update his website from the ceremony — where his wife Mariah Carey performed the Jackson 5 hit I'll Be There — writing, "A day of mourning. Here in the Staples Center, God is absolutely present."

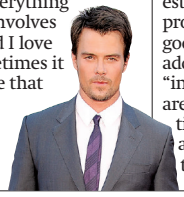


Ono, whose late husband John Lennon was murdered in 1980, added, "Michael Jackson: Rest Well In Peace. We will always remember you and love you for what you were to us. With love."

METRO NEWS SERVICES

Fergie's nod to knot surprised Duhamel

OMG MOMENT Josh Duhamel is amazed Fergie agreed to marry him, femalefirst.co.uk reports. The actor — who tied the knot with the Black Eyed Peas star earlier this year — still can't believe the 34-year-old singer wanted to spend her life with him. He said: "It just feels more chilled now because there's less pressure. We've done it, we're together, we're happy and it's a great feeling. Everything I do now involves Fergie, and I love that. Sometimes it amazes me that she chose me."



METRO NEWS SERVICES

Jewels' value dropped

THE LILO CONNECTION The jewelry that went missing after a June 6 British magazine photo shoot starring Lindsay Lohan was worth a tenth of the value first reported — or, $38,500 US rather than the $400,000 initially estimated by London's Metropolitan Police — a spokesman for the force tells People.

The spokesman, who says the initial estimate was provided in good faith, adds that "inquiries are continuing" and there have been no arrests in the case. The jewelry — diamond earrings and a necklace — is said to be from Dior, but the company has not confirmed that.

The items in question were being worn for a feature intended for an upcoming issue of the U.K. edition of Elle.

When news of the investigation broke, Lohan's mother Dina defended her daughter, saying that any finger-pointing at the 23-year-old was "defamatory, false and unfair."

METRO NEWS SERVICES

Beyonce eyeing Sister Act remake

HERE COMES THE NUN Beyonce Knowles is reportedly in talks to turn the Sister Act stage musical into a movie, femalefirst.co.uk reports.

The singer caught a performance of the hit theatre show — based on the Whoopi Goldberg film of the same name — during her recent trip to London, and she was so taken by the performance, she's allegedly looking to remake it as a movie.

A source tells Britain's Daily Mail newspaper, "Beyonce has asked her representatives to persuade Disney to develop the show into a film vehicle for her. If this comes to pass, she would take on, in musical form, the part Whoopi Goldberg created in the 1992 Sister Act film, although the stage version moves the action from the West Coast to Philadelphia."

Goldberg's movie was a huge hit, grossing more than $192 million worldwide.

METRO NEWS SERVICES

Peas sued for plagiarism?

PARTY POOPER The Black Eyed Peas are reportedly being sued for plagiarism, femalefirst.co.uk reports.

The group is apparently facing legal action over their track Party All the Time — which features on their latest album The E.N.D. — because parts of the record have an uncanny resemblance to Adam Freeland's record Mancry.

Celebrity blogger Perez Hilton writes: "The music apparently is a stolen sample of the song Mancry from the act Freeland.

"According to reports, Black Eyed Peas member and producer will.i.am was at an event last year where Freeland performed this song in question."

The band have reportedly called in their legal team over the plagiarism accusation.

METRO NEWS SERVICES

Kardashian lauds Jacko's daughter

AT THE MEMORIAL Kim Kardashian says she couldn't keep her composure at Michael Jackson's memorial Tuesday in Los Angeles — especially when the late singer's daughter Paris, 11, took the stage, usmagazine.com reports.

"I spoke at my dad's funeral & it was the hardest thing I've ever had to do," she tweeted. "I was shaking & crying & what Paris did was sooo soooo brave!"

She continued, "Michael's children were so brave brave 2 stand there on stage & speak to the world about their father."

METRO NEWS SERVICES

Radcliffe dating girls his own age

LOVE LIFE Harry Potter star Daniel Radcliffe admits that as he's gotten older, he's become more open to dating women his own age. "I've been out with a couple of women who have been older than me," the 19-year-old tells People magazine. "I think it's the maturity thing more than anything else ... girls my age are now mature, so it's great. I've widened the field."

METRO NEWS SERVICES

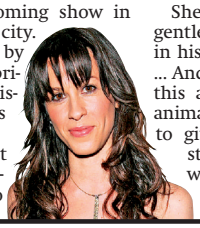
ComicsOnline — For more cartoons, visit metronews.ca

Morissette toured with monkey

GOING APE Canadian rocker Alanis Morissette had an unlikely companion while touring Indonesia — a pet monkey she "borrowed" from a local in exchange for tickets to her show, femalefirst.co.uk reports.

The animal-lover was in the capital Jakarta when a young man offered to trade his pet for VIP access to an upcoming show in the city.

Charmed by the hairy primate, Morissette admits she couldn't resist the opportunity to take on a travelling buddy.



She recalls, "A young gentleman had a monkey in his hands with a diaper ... And he said, 'If you want this animal, I'll give this animal to you but you have to give me tickets backstage.' He came everywhere with me."

METRO NEWS SERVICES

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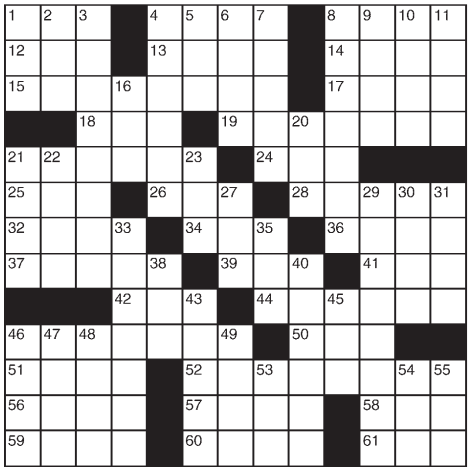
Take Five



Crossword across

1 Crazed
4 Cabin components
8 Pushpin
12 Inventor Whitney
13Last write-up
14 Turkish bigwig
15 Active person
16 Patella
17 MRI forerunner
18 "A mouse!"
19 Cow catchers
21 Insignia
24 Fond du —, Wisc.
25 Court
26 "Uh-huh"
28 Birth-related
32 "Desire Under the —"
34 Peregrinate
36 Infant
37 Change your offer
39 Intimidate
41 Barbie's companion
42 Period
44 Highway stopovers
46 Patella
50 Lummox
51 Tittle
52 1950s dance resembling an elaborate patty-cake
56 Tart
57 Piece of work
58 By way of
59 Read quickly
60 Simple
61 Ostrich's cousin

Crossword down

1 Blanc or Brooks
2 "The Greatest"
3 Attack forcefully from above
4 Mellow
5 Sapporo sash
6 Y chromosome lacker
7 Filch
8 Urban transport
9 "Slumdog Millionaire" site
10 Converse
11 Kyser and Thompson
16 Moray, for one
20 Skedaddled
21 Ornamental pitcher
22 Double agent
23 Face
27 Atl. counterpart
29 Relax a bit
30 First victim
31 Photog's choice
33 Type of baseball pitch
35 Comic DeLuise
38 "What's up, —?"
40 "Give a hoot, don't pollute" owl
43 California-Nevada lake
45 Trump casino-hotel
46 Smooch
47 Cranny
48 Needle holder
49 One of the Three Bears
53 Greek consonants
54 Energy
55 Water (Fr.)

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

		1				8		
		7	2		1	9		
5				3				7
	4	6	3		8	2	5	
	5	8	1		6	3	9	
1				9				8
		5	8		2	4		
		3				5		

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

O	P	T		C	A	P	O		C	L	A	P
N	O	R		A	G	E	D		R	O	P	E
U	S	E		T	O	P	D	R	A	W	E	R
S	H	E	A	F			S	U	B			
				C	O	A	L		E	B	B	E	D
L	E	F	T	O	V	E	R		Y	O	U	R
A	W	L		D	E	G	A	S		O	R	E
R	E	E	L		R	I	G	H	T	N	O	W
D	R	E	A	D			T	E	A	R		
			P	E	A		M	Y	R	H		
B	O	T	T	O	M	S	U	P		I	O	U
O	H	I	O		I	A	G	O		M	A	T
P	O	M	P		S	O	H	O		E	M	S

7	9	6	3	4	5	1	8	2
3	2	8	1	7	9	6	5	4
4	5	1	2	6	8	7	3	9
1	7	9	5	8	2	3	4	6
6	8	2	4	3	7	5	9	1
5	3	4	9	1	6	8	2	7
8	4	3	6	2	1	9	7	5
2	1	5	7	9	3	4	6	8
9	6	7	8	5	4	2	1	3

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

SARAH HOMPER

Chicken Flatbread

submitted by a Club Member!

Submitted by Crystal Porter, Yarmouth, N.S.

INGREDIENTS:
4 pieces of multi grain flat bread (assuming pita)
2 cups cooked, chicken strips/pieces
4 tbsp Hummus (1 tbsp for each piece)
1 1/2 cups spinach uncooked
1/2 cup feta cheese (crumbled)
1/2 cheddar cheese (curls)
1 small onion or green onion finely diced
1 small tomato finely diced
1 carrot finely chopped
4 tsp chopped green olives (2 or three whole olives per flatbread)
1 tsp oregano

METHOD:
Spread 1 tbsp of Hummus on each piece of flat bread and distribute the rest of the ingredients evenly among all four pieces of flat bread.
• Optional: Vegetables can be prepared in a food processor, to cut down the amount of chopping.

SERVES 4
PREP TIME: 10 MINUTES
COOK TIME: 5 MINUTES

20 minute SUPPER CLUB

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Horoscopes by Sally Brompton

sallybrompton.com

ARIES
MARCH 21-APRIL 20
You may have to read the riot act to a so-called friend who has taken one too many liberties. Let them know what is at stake — your friendship for a start.

TAURUS
APRIL 21-MAY 21
Make a point of encouraging friends and family members today. Don't — repeat, don't — make comments that are critical.

GEMINI
MAY 22-JUNE 21
Today's Sun-Saturn aspect will put you in contact with someone who can help realize your goals. Take advantage of their friendship.

CANCER
JUNE 22-JULY 22
Not everyone will agree with what you are planning but what do you care about that? You don't need approval, you need boldness and ambition.

LEO
JULY 23-AUG 23
No matter how badly someone may have treated you recently, if you don't move on it will be you who suffers. They're not worth getting worked up about.

VIRGO
AUG 24-SEPT 22
If you go over the same old ground in the same old way today you will most likely get the same old results. Try a different approach for a change.

LIBRA
SEPT 23-OCT 23
Your drive and dedication will sweep away obstacles and get you to where you most want to be.

SCORPIO
OCT 24-NOV 22
Are you thinking big? Are you aiming high? If not, you should be. Today you must, because there is so much at stake. It's time to move up in the world.

SAGITTARIUS
NOV 23-DEC 21
Once again you are standing on the sidelines while those of lesser talent are enjoying the applause and the rewards that should, by rights, be yours.

CAPRICORN
DEC 22-JAN 20
You may be tempted to close your ears to something you don't want to know about but that could be dangerous.

AQUARIUS
JAN 21-FEB 18
You will understand why certain people were so determined to keep you in the dark. You can negotiate yourself a better deal.

PISCES
FEB 19-MARCH 20
The efforts you put in and the sacrifices you made earlier in the year will be rewarded today.

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WORDY GURDY®

BY TRICKY RICKY KANE

1. Advanced money to a polite bloke (1)
2. Paid athlete's schnoz (1)
3. Disney Beauty's hollers (1)
4. "Actor Seth, meet wrestler Hulk" (2)
5. Coat or baggage attendant destroyer (2)
6. Composer Berlin veering (2)
7. Imbiber's pet skunks (2)

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

ANSWERS
1. LENT CENT 2. PROS NOSE 3. BELLES YELLS 4. ROGEN HOGAN 5. CHECKER WRECKER 6. HAVING SWERVING 7. DRINKERS STINKERS

7-9-09

This day in history

JULY 9, 1540: Henry VIII of England annuls his marriage to his fourth wife, Anne of Cleves.
JULY 9, 1868: The 14th Amendment to the United States Constitution is ratified guaranteeing African Americans full citizenship and all persons in the United States due process of law.
JULY 9, 1922: Johnny Weissmuller swims the 100 meters freestyle in 58.6 seconds breaking the world swimming record and the "minute barrier."
JULY 9, 1944: World War II – British and Canadian forces capture Caen, France.

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Place d'Orleans, 2nd Floor / Food court..... (613) 841-9999
Carlingwood Mall,..... (613) 761-9999
725 Somerset St. W, China Town..... (613) 236-2222
54 Elgin St / Queen,..... (613) 235-8888
Hunt Club, Towngate Mall..... (613) 521-8884
Billings Bridge Plaza,..... (613) 523-7772

Kanata Centrum Mall, Next to Rogers (613) 599-9599
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Renfrew, 108 Raglan St. S..... (613) 432-4488
Kemptville, Kemptville Mall..... (613) 258-2700
Hull, 101-295 St-Joseph Blvd..... (819) 771-2222
Gatineau, Promenades de l'Outaouais (819) 246-2222
Cornwall Square, 2nd floor / Charms.. (613) 930-2222
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Kingston, Cataraqui Centre / 2nd floor The Bay (613) 546-4444
Belleville, Bell Tower Plaza..... (613) 967-0000
Oakville, 261 Oak Walk Dr near Walmart (905) 257-6991

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St. Catharines, Pen Centre / The Bay.... (905) 988-9797
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